

# LIVING Better

A Butler VA Quarterly Magazine

winter 2022

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# BUTLER VA HEALTH CARE SYSTEM'S WINTER HIGHLIGHTS



**1** For American Heart Month, the Butler VA held a special women Veteran's event at Steele's Brushes & Ceramics (a community partner). Women created art while meeting new women Veterans and learning about the many heart health and wellness programs available to them at the Butler VA.

**4** "Go Red for Women" Day was celebrated in February as part of Heart Health Month. Veterans were educated on ways to be heart healthy and shared their reasons for why they choose to Go Red.

**7** The Worthington American Legion Post 828 Auxiliary teamed up with Steele's Brushes & Ceramics to donate 40 art kits for Veteran residents in the Sergeant Joseph George Kuskick Community Living Center.

**2** During the Great American Spit Out event, the Butler VA's Public Health Intern (from Slippery Rock University), Samantha Parzynski, educated Veterans and employees about the health benefits and resources on quitting smokeless tobacco.

**5** The Butler VA Women Veterans Program prepared cookie decorating kits to give away to Veterans to celebrate the holiday season in December. A very special thank you to Butler VA's Voluntary Services and Shana Hutchins for coordinating and donating the cookies.

**8** For several years, Veterans in the Community Living Center (CLC) have collected and donated their canteen books (valued at a \$1 each) to purchase toys for the annual Marine Toys for Tots Foundation. This year, Veterans in the CLC donated \$2,500, their highest donation to date!

**3** Thank you to our musical volunteers for "Music is Medicine Hour!" It is held on the fourth Wednesday of each month from 11:30am - 12:30pm in the first floor lobby of the Abie Abraham VA Clinic.

**6** Veterans and staff celebrated Winter Sports Day at the Sergeant Joseph George Kuskick Community Living Center (CLC) by wearing their favorite sports team apparel as part of their month-long Fun Friday activities.

**9** The holiday season kicked off in early December for Veteran residents at the Community Living Center (CLC) with a pet parade, holiday carols, and a special visit by Mr. and Mrs. Santa Claus and their elves. Holiday exterior decorations and lights were officially lit for the season too.

## cover photo

Allison Smith participated in the Women Veterans Heart Health Month event at Steele's Brushes & Ceramics this February.



*Dear Veterans, family members, employees, volunteers and friends of the Butler VA,*

*I am truly honored to serve as the new Director for the Butler VA Health Care System. I have been with the Butler VA for 15 years, and cannot think of a better place to work, lead, and serve our Veterans and their families. Thank you for welcoming me as your new Director. I look forward to meeting many of you over the coming months. Your feedback, questions, and support are greatly appreciated. Thank you for your service, and I hope you enjoy this issue of Living Better.*

Sharon Coyle, Director

# C O N T E N T S

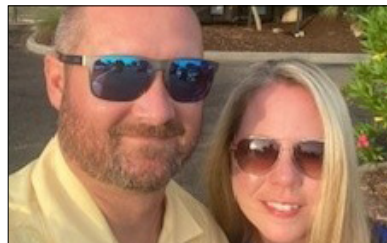
Winter 2022



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## Women Choose the Butler VA

Why do women Veterans choose the Butler VA Health Care System? We asked a few.



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## No Greater Mission

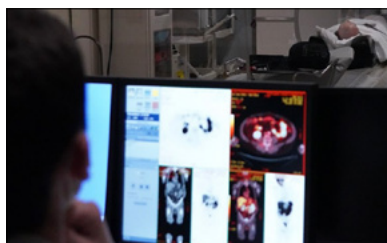
Sharon Coyle was appointed as the new executive director of the Butler VA Health Care System in March. She is committed to the Butler VA team and believes there is no greater mission than VA's.



pages 8-9

## Taking Charge of My Life and Health

After delays due to COVID-19, the Butler VA started a specific Whole Health program for Veterans in the homeless program. Read more about the new Taking Care of My Life and Health class.



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## Health Tech, Tips & Tastes

What's new and interesting in VA's health technology? Find out! Also, enjoy a health tip and tasty recipe.

## and more...

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# Women Choose the Butler VA

**Why do women** Veterans choose the Butler VA Health Care System? We asked a few. Below are their reasons why.

## 1. Wonderful Service.

Cheryl Schafer, Army Veteran, sums up why she chooses the Butler VA in a just few short words:

*“Great doctors and programs. Wonderful service.”*

## 2. Great People.

Both Army Veterans Sarah Omstead and Laurie Kubli say it’s the great people at Butler.

*“I have had great care from my providers, and it keeps me coming back.”—Omstead*

*“Initially, I chose the Butler VA because it was the closest, but now I believe I would continue to receive treatment here even if I move closer to Pittsburgh. Lots of great people at the Butler VA!”—Kubli*

## 3. A Strong Recovery Community

For Karen Triscas, Navy Veteran, the answer is the strong recovery programs and community at Butler.

*“The AA recovery is strong in this area, and the Domiciliary and Robin’s Home are here.”—Triscas*

The Butler VA’s 56-bed Domiciliary (Dom) is a residential facility on the New Castle Road campus for eligible Veterans who may be dealing with issues such as homelessness, mental health, substance abuse, and unemployment.

The Domiciliary provides a residential, rehabilitative, therapeutic community with a goal of successfully reintegrating Veterans back into the community.

Robin’s Home provides a full continuum of care to homeless, unstably housed, or low-income women Veterans and their children in seven counties: Alleghany, Armstrong, Butler, Clarion, Erie, Lawrence, and Mercer.

Trudy Ann



#### 4. Veterans Supporting Veterans

Trudy Ann Neumann, Navy Veteran, does not only choose the Butler VA, she also chooses Veterans. For her, it's about supporting her fellow Veterans.

*"I am a Veteran and believe we should support our Veterans and take advantage of all the various programs available to us. I have mentioned wanting to be involved in some sort of advocacy group(s) for/about Veterans – including geriatrics – we're all going to keep getting older if we're lucky."*—Neumann

Did you know? The more Veterans use our services, the more funding, and resources are designated for Veterans. By choosing VA, you help your fellow Veterans.

#### 5. Two C's: Convenience and Comradery

Kate Aderman, Air Force Veteran, chooses the Butler VA for many reasons, but perhaps the two biggest reasons are convenience and comradery.

*"It is so convenient to have all my doctors and specialists located in one building, and they communicate with each other so well. Another thing the Butler VA does is have tons of different events and groups that allow you to get involved in a community of Veterans while doing things of interest to you. This has been extremely important to me since it has helped me to connect with other female Veterans."*—Aderman

Veterans can keep up-to-date about events, groups, and more by visiting the main Butler VA website calendar ([www.va.gov/butler-health-care/events/](http://www.va.gov/butler-health-care/events/)) and following the Butler VA on Facebook ([www.facebook.com/VAButlerPA](http://www.facebook.com/VAButlerPA)).

#### Women Veterans, Choose VA Today

Contact the Butler VA Enrollment Team today by calling 878-271-6645, or visit [www.choose.va.gov/health](http://www.choose.va.gov/health).

Contact the Women Veterans Program Manager by calling 878-271-6989, or visit [www.va.gov/butler-health-care/health-services/women-veteran-care/](http://www.va.gov/butler-health-care/health-services/women-veteran-care/).

Call or text the Women Veterans Call Center at 855-VA-WOMEN (855-829-6636), or use the online chat feature by visiting this link: [www.womenshealth.va.gov/WOMENSHEALTH/programoverview/wvcc.asp](http://www.womenshealth.va.gov/WOMENSHEALTH/programoverview/wvcc.asp)

Sarah



Laurie

Karen



Cheryl



Kate



[www.choose.va.gov](http://www.choose.va.gov)



# No Greater Mission

Sharon Coyle to Lead Butler VA



**Sharon Coyle was** appointed as the new executive director of the Butler VA Health Care System in March.

"I am honored to be selected for this role and plan to spend my time as Director continuing to offer outstanding healthcare to our Veterans," said Coyle. "I have been a committed team member at the Butler VA for the past 15 years. I love our mission and the Veterans we serve. I am humbled to serve those who have served—there is **no greater mission.**"

Coyle previously served as the Interim Executive Director as well as the Associate Director of Patient Care Services at the Butler VA. She served as the Nurse Executive since 2007, having direct supervisory responsibility for multiple clinical programs including the 60-bed Community Living Center.



In addition, she maintained clinical oversight for nursing practice throughout the facility. Coyle came to Butler from the VA Pittsburgh Health Care System (VAPHS) where she held multiple leadership positions of increasing responsibility. She earned a bachelor's degree in nursing from Duquesne University and a master's degree in nursing as well as a master's degree in business from Waynesburg College.

### **The Butler Community**

In her new role, Coyle will oversee delivery of health care to more than 23,000 Veterans. In addition to the main facility, the Abie Abraham VA Health Care Center, the Butler VA also operates outpatient clinics in Clarion, Mercer, Lawrence, and Armstrong counties, as well as in Cranberry Township.

"I live in the Butler community, am raising my family here, and truly believe in the great work this medical center does for our community," said Coyle. "I am deeply committed to the community, and believe our Veterans are such an important part of it."

Coyle enjoys spending time with her family in the Butler community and is raising her five kids here (ages 11-16). When



she is not leading the Butler VA, she is regularly running the kids around to multiple activities—softball, soccer, track, football, and more. Coyle also loves reading, cooking with her husband, and is starting to garden.

### **Choose Butler VA**

Like most of the community (and nation), Coyle is looking forward to moving the organization out of the pandemic with a renewed focus on meeting and exceeding Veterans and their families' expectations. She also plans to focus on ongoing employment engagement.

"We will continue to evaluate new and innovative ways to offer care in order to meet the everchanging needs of the Veterans we serve. We will continue expanding services, including whole health programming. Ultimately, I want our Veterans to choose VA," added Coyle.



# Taking Charge of My Life and Health

## Whole Health for Homeless Vets

**Whole Health means** thinking about and approaching health care in a new way. Through conversations and courses, VA staff and Veteran peers get to know Veterans. They work with Veterans to set health and well-being goals based on their needs and what matters to them.

Whole Health puts Veterans, not their symptoms, at the center of their care decisions.

### 8 **Whole Health for homeless Veterans program**

After delays due to COVID-19, the Butler VA started a specific Whole Health course for Veterans in the homeless program.

The Taking Charge of My Life and Health (TCMLH) course is led by Veterans and designed to give Veterans a chance to reflect on what really matters to them and what they want for their health. In addition, Veterans are encouraged to choose an area of their life they want to enhance and to develop a plan for carrying out their goals and actions. Finally, the group is there to provide support for attaining their goals.

The class meets every Friday for eight weeks (in person and virtually). All Veterans who have completed the Whole Health Introduction class are invited to participate.



#### **Spending time with fellow Veterans**

George Schmidt, Marine Corps Veteran, completed the TCMLH course and encourages other Veterans who are serious about their recovery to give it a try.

“The best thing for me was not only the class and class content, but that I got to spend time with

fellow Veterans. That’s what really made it worthwhile. I got more out of it than I expected. I’m glad I did it.”

For Schmidt, establishing his own goals was a struggle, but he has since achieved one of them—quitting smoking! Next up, trying to go to the gym regularly.



#### **Veterans take charge of the class**

Wallace Fleming, Army Veteran, enjoyed the class because it was something new every week.

“What I liked about it most was that it did not specifically zone in on one thing. It focused on every aspect of your life—teaching you how to cook, being

healthy, making doctor’s appointments, finding work or going to school, getting out into the community, etc.”

He also appreciated that the class facilitator stepped in when needed, but that Veterans took charge of the group and were able to really share what was on their minds, how they felt about the topic(s), etc.

Since the class ended, Fleming has already seen a difference.

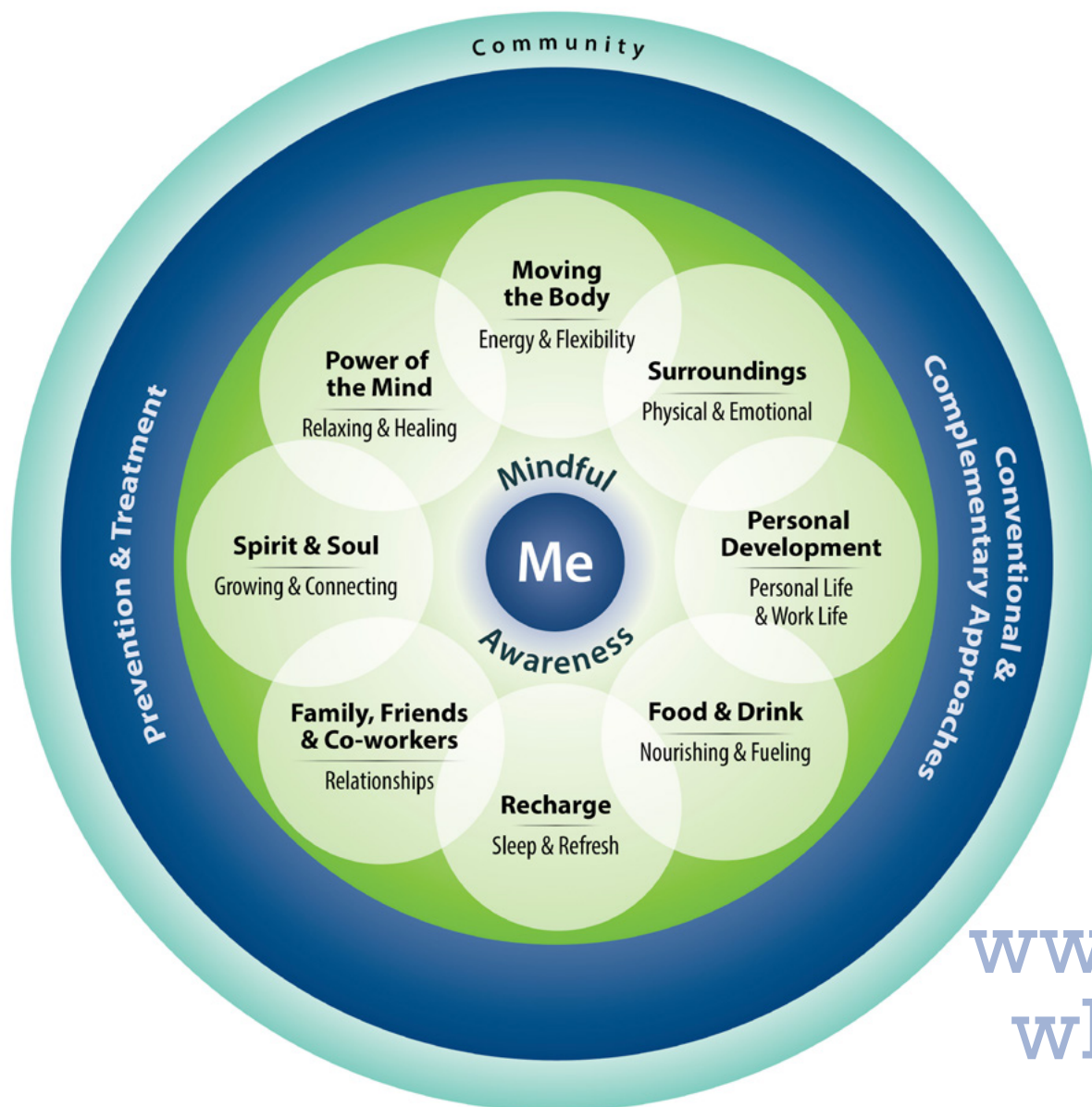
“I used (and am using) a lot of the tools the class gave me. I have a job now, am eating healthier, exercising more, and getting out to meet people. I took the group class, and I moved forward with all the tools it gave me.”



## Whole Health options at the Butler VA

The Butler VA offers a variety of Whole Health courses, resources, workshops, and more for Veterans. From an introduction class for those just starting their whole health journey, to one-on-one support with a whole health coach, there are many options available for Veterans.

Talk to your health care team today or visit [www.va.gov/wholehealth](http://www.va.gov/wholehealth) to get started.



[www.va.gov/wholehealth](http://www.va.gov/wholehealth)

### New Butler VA Partnerships Launched

**The Butler VA** seeks Veteran volunteers to sit and have their portrait done for the new Butler VA Veteran Portrait Project.

In collaboration with the Butler Art Center, Associated Artists of Butler County (344 S. Main St., Butler, PA) portraits will be done on the first and third Wednesdays of each month from 12:30pm – 2:30pm. Veterans can wear military hats, uniforms, or everyday clothing for their portrait.

The portraits will be displayed in an art show the week of November 8, 2022. Veterans will receive at least one portrait to take home after the art show. Please call 878-271-6484 if you would like to volunteer for a portrait.



### Virtual Health & Wellness Classes

***Still not ready to come to the VA for health and wellness classes? We have virtual options for you!***

#### The following classes

are available virtually via VA Video Connect (VVC) at the Butler VA: Personal Trainer Sessions, Gentle Stretch, Meditation, and Tai Chi. Guided iRest Yoga Nidra Meditation is available via telephone.

Veterans also can participate in unlimited free virtual classes with Millennium Health & Fitness. For more information on how to sign up, check out the Butler VA Facebook page at [www.facebook.com/VAButlerPA](https://www.facebook.com/VAButlerPA) or call 878-271-6484.

The Butler VA is here to support your new year health and wellness goals in-person and virtually. For more information or to register for a class, please call 878-271-6484.

### Sign-up for Email Updates!

**Stay informed this year.** Sign-up for regular email communications from the Butler VA. Visit our main website at [www.va.gov/butler-health-care](https://www.va.gov/butler-health-care); scroll to the bottom of the page, then click “Subscribe to VA Butler health care news and announcements.”

### Get updates from VA Butler health care

- ✉ [Subscribe to VA Butler health care news and announcements](#)
- ✉ [Subscribe to VA Butler health care emergency notifications](#)
- 📍 [VA Butler health care operating status](#)
- 📘 [Butler VA Facebook](#)
- 🐦 [Butler VA Twitter](#)



## New “Whole Health for Veterans with Chronic Pain” Podcast

The new “Whole Health for Veterans with Chronic Pain” podcast offers fresh perspectives on chronic pain management and various interventions, and includes discussions on self-care and practical strategies for Veterans and their well-being.

The new podcast takes a Veteran-centered Whole Health approach, providing skills and knowledge that encourage them to view healing as a journey that requires them to stay engaged and working toward wholeness. The podcast also features topics about self-care and complementary and integrative treatments that can be incorporated into daily life to reduce the impact of chronic pain and improve overall health.

Episodes Include:

- Where Chronic Pain Meets Whole Health: An Overview
- “ME” in the Center of the Whole Health Circle
- Mindfulness Helps Manage Chronic Pain
- Just Move! Increase Function and Decrease Pain
- Small Changes, Big Impact: Improving your Surroundings to help Manage Pain
- Focus on What You CAN Do. Meaningful Engagement in Activities while Managing Chronic Pain
- What’s on the Menu? Eat, Drink and Manage Pain
- Relax, Rest, Recharge: The Connection Between Sleep and Chronic Pain
- You are Not Alone: Strengthening Supporting Relationships when dealing with Chronic Pain
- And more...

Find your platform and subscribe to the podcast here: <https://www.spreaker.com/show/whole-health-for-veterans-with-chronic>

## 2021 PIT Count

On February 4, the Department of Housing and Urban Development (HUD) announced the results of the 2021 Point-in-Time (PIT) Count, the annual effort to estimate the number of Americans, including Veterans, without permanent housing.

The results showed on a single night in January 2021, there were 19,750 Veterans experiencing sheltered homelessness in the U.S. This reflects a 10% decrease in the number of Veterans experiencing sheltered homelessness from 2020. This also represents the largest one-year decline since 2015 to 2016.

### The work ahead

Despite the many challenges Veterans faced during 2021, ending Veteran homelessness remains a top priority for VA. In collaboration with the U.S. Interagency Council on Homelessness, HUD, the U.S. Department of Labor, and other federal and local partners, VA continues to execute evidence-based approaches – such as Housing First – to prevent and end homelessness among Veterans.

Since 2010, more than 920,000 Veterans and their family members have been permanently housed, rapidly rehoused, or prevented from becoming homeless through HUD’s targeted housing vouchers and VA’s homelessness programs.

### Learn about VA programs

- Veterans who are homeless or at risk for homelessness should: contact the National Call Center for Homeless Veterans at 877-4AID-VET (877-424-3838).
- Visit the VA Homeless Programs website to learn about housing initiatives and other programs for Veterans exiting homelessness.

For more stories like these, subscribe to the Homeless Programs Office newsletter to receive monthly updates about programs and supportive services for Veterans experiencing or at risk of homelessness.

## COVID-19 Clinic Location Change

The Butler VA’s walk-in COVID Clinic, previously located at the New Castle Road Campus, has moved to the Abie Abraham VA Health Care Center (HCC). The clinic is available from 9am-2pm, Monday-Friday. No appointment is needed.

The Butler VA Health Care System offers the COVID-19 vaccine and booster to all Veterans, their spouses, and caregivers at no cost. Learn more: [www.va.gov/butler-health-care/programs/covid-19-vaccines/](http://www.va.gov/butler-health-care/programs/covid-19-vaccines/).

## Safe Holiday Celebrations

**The pandemic made** celebrations challenging the past few years. This past holiday season, the Butler VA wanted to plan something special for the Veteran residents at the Sergeant Joseph George Kusick Community Living Center (CLC), safely.

On December 4, Veteran residents along with their staff, lined the windows of the CLC to enjoy a holiday pet parade, caroling, and a special visit from Mr. and Mrs. Santa Claus and their elves. Holiday exterior decorations and lights were lit for the season too.

U.S. Army Veteran Ron Betts participated in this year's "Crucible Hike for Veterans" this fall to raise funds for homeless Veterans.

Thank you to members from the Community Alliance Church, the Butler VA's Employee Activity Association (EAA), Pet Therapy volunteers, VA employees, Dennis Christie (Santa Claus), Janice Nulph (Mrs. Claus), and Luke Self (Guitars for Vets volunteer) for participating in the event.



## Veterans Serving Veterans

**Butler VA's IT Specialist and U.S. Army Veteran Justin Burkert -**

“As a Veteran, I choose to work for the VA because in my time of greatest need the VA was there for me and made a huge impact on my life. I reached out to the VA because I was struggling with post deployment mental health issues related to my military service in Camp Taji, Iraq. A mental health counselor reached out to me the next day. She completely changed my perspective about my life and showed me I could have a bright future. This seemed unattainable to me before I reached out for support. Every day I try to provide our staff with the best IT support I am able to, in hopes it will allow the Butler VA to give other Veterans that same level of world-class care I received.”

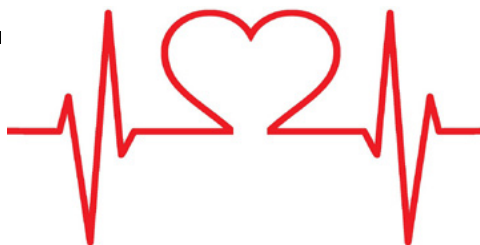
Hey Veterans! Share your stories with us in Vet Chat. Contact the Butler VA Public Affairs Office today at 878-271-6492.



# Heart-Smart Menu Quiz

## Which is better for your heart health? This or That.

1. Avocado toast (A) or peanut butter toast (B)?
2. Greek yogurt (A) or regular yogurt (B)?
3. Red wine (A), white wine (B), or either (C)?
4. Chicken (A) or fish (B)?
5. Coffee (A) or tea (B)?
6. Soup (A) or salad (B)?
7. Hamburger (A) or hot dog (B)
8. Potato chips (A) or french fries (B)
9. Whole milk (A) or skim milk (B)
10. Diet soda (A) or sparkling water (B)
11. Bacon (A) or sausage (B)
12. Cake (A) or pie (B)
13. Pancakes (A) or omelet (B)
14. Strawberries (A) or bananas (B)
15. Brown rice (A) or quinoa (B)
16. Kale (A) or spinach (B)
17. Dark chocolate (A), milk chocolate (B), or either (C)
18. Butter (A) or margarine (B)



**Talk to your** Butler VA Health Care team today about making the right, healthy choices for you and your heart health!

### Correct Answers:

1) A    2) A    3) C    4) B    5) B    6) B    7) A    8) B    9) B    10) B    11) A  
12) B    13) A    14) A    15) B    16) B    17) C    18) B

Source: AARP and the American Heart Association

### Who's Who?

**RON BONGIVENGO**

Police Officer



Did you know VA has its own 4000-member police force? The Butler VA has 26 police officers on staff.

Here are some things you should know about the VA police force:

- Nearly 90% of VA police officers are Veterans.
- With special training to keep Veterans safe, VA police help prevent Veteran suicide, a serious national crisis.
- VA police keep Veterans' health top-of-mind by enforcing the use of masks and temperature screenings at VA facilities.
- The VA police force includes a K-9 unit.
- The origins of the VA police force date back more than 150 years, to President Abraham Lincoln's time.
- VA police officers help communities during acts of terrorism and hurricanes, as well as other natural disasters.

Butler VA's Police Officer Ron Bongivengo was awarded "Employee of the Year" for 2021. Congrats Ron! Thanks for putting the safety of our Veterans, families, and staff first.



# HEALTH TECH – TESTING NEW RADIOACTIVE TRACER DRUG TO TRACK PROSTATE CANCER

**Staging is critical** for pinpointing the best way to treat cancer. In staging, doctors determine where the cancer is in the body so they can address it accordingly, whether through surgery, radiation, chemotherapy, or other means.

At the Harry S. Truman Memorial Veterans' Hospital in Missouri, researchers are testing a new tracer drug for its ability to show whether and where prostate cancer has spread in the body.

Dr. Thomas Dresser, a nuclear medicine physician, and Dr. Timothy Hoffman, a radiopharmaceutical chemist, are carrying out a phase 3 clinical trial on the drug, which contains a pharmaceutical component and a radionuclide component. In the procedure, a prostate tracer drug in a vial is connected to a generator and combines with gallium 68, which emits radioactivity in the form of a positron. That formula, known as Ga68-PSMA-11, is then injected into a patient and binds to the prostate cancer cell because of a protein in the cancer cells called PSMA – prostate specific membrane antigen.

**Procedure more accurate than CT Scan, bone scan**  
Images from a positron emission tomography (PET) scanner show the location of the cancer.

This type of drug appears to be the best diagnostic tool for staging prostate cancer and determining whether it has metastasized, says Dresser, the chief of nuclear medicine at the Truman VA.

“Once administered intravenously, radiopharmaceutical peptides are attracted to and bind to cancerous cells,” he explains. “When used with PET imaging, these radioactive peptides light up on the scan to identify even the smallest amount of disease in its initial growth. We scan the entire body and can identify prostate cancer with a higher degree of accuracy than a CT scan or a bone scan.

“When a normal cell in the prostate gland becomes cancerous, the membrane of the cell begins to make too many copies of PSMA,” he adds. “This unique cell marker can help us diagnose prostate cancer. However, current imaging does not clearly identify if and where metastasis has occurred. The key to diagnostic precision is the use of this injectable radiopharmaceutical peptide designed for a specific cancer and used in conjunction with PET imaging.”

## It's a game changer

To date, Dresser and his staff have staged cancer in 25 Veterans at the Truman VA who were diagnosed with prostate cancer through biopsies. The researchers are comparing the findings of PET imaging with those of a CT scan and a bone scan. Many patients in the group of 25 have shown upstaging, which is the effect of finding more disease in this case beyond the prostate and changing the stage, according to Dresser.

“This is important because if someone is treated for limited disease when extensive disease is present, they will not receive the cure that was planned,” Dresser says. “They may return in one year and find the disease has returned when, in fact, it was there from the beginning. It may have spread to the lymph nodes, bones, and other tissue. But the older methods did not detect it. Historically, we've not had a good way to determine where it's spread. PSMA imaging will greatly improve the management of prostate cancer. It's a game changer.”

Dresser expects to conduct PSMA imaging on about 100 patients over a year.

## More Information

Read the full story: [www.research.va.gov/currents/0122-VA-clinicians-testing-new-radioactive-tracer-drug-to-track-prostate-cancer-in-the-body.cfm](http://www.research.va.gov/currents/0122-VA-clinicians-testing-new-radioactive-tracer-drug-to-track-prostate-cancer-in-the-body.cfm)

Source: Vantage Point

[www.research.va.gov](http://www.research.va.gov)



## Health Tastes – Plant-Powered Chocolate Muffins



### Ingredients

- Nonstick cooking spray
- 8 ounces (1 container) dark chocolate hummus
- 3 eggs
- 1 large ripe banana (or 2 small), mashed
- ¼ cup sugar (or alternative sweetener)
- 2 tablespoons canola oil
- ½ cup all-purpose flour
- 1 teaspoon baking soda
- ¼ cup dark chocolate chips

### Directions

Preheat oven to 350°F. Prepare muffin tin by coating with nonstick cooking spray. In a medium bowl, add hummus, eggs, and mashed bananas and blend well. Add sugar and oil into hummus mixture and blend well. In a small bowl, combine the flour and baking soda. Add to the wet ingredients and blend just until combined. Gently fold the chocolate chips into the mixture. Scoop batter into muffin tins, filling each ~¾ full. Bake mini muffins for 15-16 minutes and regular sized muffins for 20-24 minutes.

**Serving Size:** 1 muffins or 2 mini muffins • **Servings:** 12

Fat: 8g ★ Calories: 150 ★ Protein: 5g ★ Fiber: .5g Source: VA's Nutrition and Food Services

# HEALTH tip



## Crossword



## Try a Crossword Puzzle

### Benefit your brain

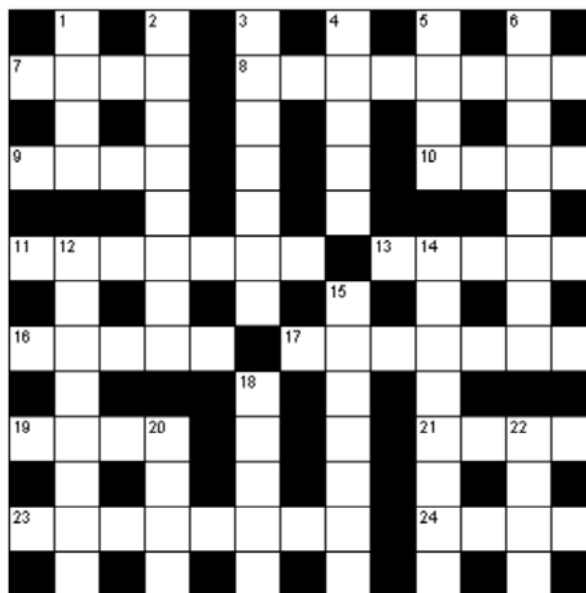
Evidence suggests that involvement in mentally stimulating activities like crossword puzzles and reading may help keep the brain healthy as people age. Give it a try!

#### ACROSS

- Caprine animal (4)
- Five-toed pachyderm (8)
- Slender gull with forked tail (4)
- Small brown bird (4)
- African flightless bird (7)
- Wading bird (5)
- Supernatural woodland creature (5)
- Small songbirds (7)
- Large edible fish (4)
- Rodents (4)
- Egg-laying mammal (8)
- Type of whale (4)

#### DOWN

- Emblem of peace (4)
- Venomous aquatic creature (8)
- Showy fowl (7)
- African equine (5)
- Breed of dog with bushy tail (4)
- Graceful ruminant (8)
- Aquatic birds (8)
- Edible snail (8)
- Female wild feline (7)
- Large aquatic rodent (5)
- Colony insects (4)
- Small parasite (4)



## HEALTH TIP — ADD FIBER TO YOUR DIET

Research shows fiber is good for heart and gut health, can reduce risk of diabetes and some cancers, and can aid with weight loss. The U.S.

Dietary Guidelines recommend women eat at least 25 grams of fiber per day and men to eat at least 36 grams of fiber each day.



U.S. Department of Veterans Affairs

Veterans Health Administration  
Butler VA Health Care System

353 North Duffy Road  
Butler, PA 16001  
800.362.8262  
724.287.4781



[www.va.gov/butler-health-care](http://www.va.gov/butler-health-care)



[facebook.com/vabutlerpa](https://facebook.com/vabutlerpa)



[twitter.com/vabutlerpa](https://twitter.com/vabutlerpa)

## Refer a Buddy

Know a fellow Veteran **not** enrolled in VA health care? Tell them about the Butler VA! Now is the time to enroll. Call us at 800-362-8262 to get started today.



**Choose** 

The Butler VA wants to bring attention to all Veterans what choices they have, and the full range of health care services and programs they have access to when they ChooseVA.

[www.choose.va.gov](http://www.choose.va.gov)

### ARMSTRONG COUNTY VA OUTPATIENT CLINIC

11 Hilltop Plaza  
Kittanning, PA 16201  
724.545.8420

### CLARION COUNTY VA OUTPATIENT CLINIC

56 Clarion Plaza, Suite 115  
Monroe Township, PA 16214  
814.226.3900

### CRANBERRY TOWNSHIP VA OUTPATIENT CLINIC

900 Commonwealth Drive, Suite 100  
Cranberry Township, PA 16066  
724.742.3500 or 724.741.3131

### LAWRENCE COUNTY VA OUTPATIENT CLINIC

Ridgewood Professional Centre  
1750 New Butler Road  
New Castle, PA 16101  
724.598.6080

### MICHAEL A. MARZANO VA OUTPATIENT CLINIC

295 North Kerrwood Drive, Suite 110  
Hermitage, PA 16148  
724.346.1569

The Butler VA Health Care System, located in Butler County, Pennsylvania has been attending to Veteran's total care since 1947. We are the health care choice for over 25,000 Veterans throughout Western Pennsylvania and parts of Ohio and are a member of VA Healthcare VISN 4 under the U.S. Department of Veterans Affairs. The Butler VA provides comprehensive Veteran care including primary, specialty and mental health care – as well as management of chronic conditions and social support services for our nation's finest, America's Veterans.



VISN 4 RN Clinical Contact Center

**1-833-TELE-URGENT**  
(1-833-835-3874)

If you have an **urgent** medical or mental health question, call a VISN 4 Triage Nurse!

— Available 24/7/365 —



U.S. Department of Veterans Affairs  
Veterans Health Administration  
VA Healthcare-VISN 4



Scan QR code with your smart phone to add this number to your contacts!

